



DECEMBER 2013



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Upper Shore	2	3 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	4 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	5	6	7 Union Hospital – Elkton 9-11 am - Breastfeeding I -(443)406-1355 -\$20 Union Hospital – Elkton 11:15-12:15 - Breastfeeding II -(443)406-1355 -\$10 (Free if taken with Breastfeeding I)
8	9	10 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	11 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	12	13	14
15	16	17 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	18 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	19 Anne Arundel Medical Center -10:30am – Breastfeeding and the working mother -(443)481-5555 -\$30	20	21
22	23	24 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	25	26	27	28
29	30	31 Union Hospital – Elkton -10-11:30am – Breastfeeding Mom’s Cafe -(443)245-7305 -FREE	To Contact a Breastfeeding Peer Counselor near you: Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.’s (410) 758-0720 Kent (410) 810-0125		Services: - Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line. - International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510	



JANUARY 2014



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Upper Shore To Contact a Breastfeeding Peer Counselor near you: Peer Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (410) 758-0720 Kent (410) 810-0125		Services: - Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line. - International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510		2	3	4
5	6	7	8 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	9	10	11
12	13	14	15 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	16 Anne Arundel Medical Center -10:30am – Breastfeeding and the working mother -(443)481-5555 -\$30	17	18
19	20	21	22 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	23	24	25
26	27	28	29 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	30	31	



FEBRUARY 2014



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
To Contact a Breastfeeding Peer Counselor near you: Peer Counselor: (443) 262-4423, press 1 for the BFPC line Danya Benton RN, IBCLC: (410)-758-0720 ext: 4510 (BFPC Coordinator) Upper Shore WIC Program: Q.A.'s (410) 758-0720 Kent (410) 810-0125		Services: - Peer Counselor program - peer counselors are moms just like you that have been on WIC and breastfed, they offer BF support on an individual basis - please call: 443-262-4423 and press 1 for the BFPC line. - International Board Certified Lactation Consultant / Registered Nurse – Available to answer medical and breastfeeding questions – please call: (410)-758-0720 ext: 4510				1
2	3	4	5 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	6	7	8
9	10	11	12 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	13	14	15
16	17	18	19 Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	20	21	22
23	24	25	Anne Arundel Medical Center -7pm – Breastfeeding basics -(443)481-5555 -\$30	27	28	